<http://www.epilepsy.org.au/about-epilepsy/living-with-epilepsy/information-for-teachers>

**Things to remember**

* Children with epilepsy have the same range of intelligence and ability as other children.
* Missed schooling can impact on learning and important peer socialising.
* Be aware that seizures can also create feelings such as anxiety and depression, poor self image and social problems - all which can affect school performance.
* Some [*neurological*](http://www.epilepsy.org.au/glossary/term/88) disorders that can cause epilepsy can also result in [*learning difficulties*](http://www.epilepsy.org.au/glossary/term/220).
* Medications may also impact on the students level of concentration, [*attention*](http://www.epilepsy.org.au/glossary/term/10) and memory function.
* The physical display of different seizures may have an effect on a student's self-perception and consequent behaviour. Some types of seizures may be frightening to the uninformed onlooker. Appropriate understanding reactions from class mates and teachers can have a considerable positive effect on a student with epilepsy.
* The time that teachers spend with students places them in a unique position to observe and provide information about a student's seizures.
* Seizures are not to be feared
* Most seizures last approximately 1- 3 minutes although there may be a period of confusion after the seizure.
* Sometimes confusion after a seizure can be quite prolonged, from minutes up to several hours.
* People are often exhausted and need rest or sleep after a seizure, especially a [*tonic*](http://www.epilepsy.org.au/glossary/term/148) *[clonic seizure](http://www.epilepsy.org.au/glossary/term/29)*.
* Seizures cannot be stopped or slowed by restraint. The brain almost always stops the seizures naturally. Let the person have the seizure and then apply first aid if necessary.
* It is physically impossible to swallow the tongue. There is no need to insert anything into the mouth. This is dangerous and fingers may be bitten or teeth broken.
* Most people usually have no memory of all or most of the event.
* You can make a difference!